



OBEDIENT PLANT

Physostegia virginiana

Also known as Obedient False Dragonhead. This bold, long-blooming beauty has pink snapdragon-like flower spikes atop tall stems with narrow, toothed leaves. Great for back-of-the-border and cottage gardens.

Benefits for Wildlife

- Nectar attracts bees, butterflies, sphinx moths, and hummingbirds
- Long-lasting blooms are a food source from midsummer to the first frost

Benefits for People

- The common name “obedient plant” is derived from the tendency of the flowers to stay in place after being bent or twisted
- Beautiful as a cut flower
- Spreads by rhizomes and will self-seed

Growing Information

<i>Sunlight</i>	Full sun
<i>Soil Type</i>	Average to moist, well-drained
<i>Height</i>	3-4'
<i>Width</i>	2-3'
<i>Flowering calendar</i>	June to September

Natural Habitat

- Woodland edges, moist meadows, thickets

